Mindful Practice, Mindful Breathing –

The Relaxation Response



\*\* Practice this by reading it through for yourself several times a day until you have it set in your mind exactly the steps to do. This should take about 1 week of practicing to turn yourself into your own **MP3 player** which you will have right there inside you to use any time you choose.

**Breathing:**

 Become aware of the indrawn breath, feel the coolness around the nostrils,

Breathe in through the nose, pause and hold briefly,

 Breathe out through the nose follow the exhale

Breathe in and out, through the nose, this is calm breathing - breathing only through the nose (if we breathe through the mouth, this is called FIRE BREATHING and will move us into the sympathetic system – fight flight or freeze- preparing for battle)

AWARENESS: Notice when you focus on your breath where do your thoughts go?

Take three long slow deep indrawn breaths, balloon out the tummy, and slow, slow, slow, releasing the breath

Good, just let go of focusing on your breath now, and notice how your body will continue to do this for you…

**You can do this sitting up, waiting in traffic, or at an appointment… anywhere…just breathe**

Sitting up position, aligning your body to its optimum position

 Ears over shoulders,

 Shoulders over hips

 Knees over Ankles

 Now, breathe into the belly all the way down to your toes… and feel how easy it is

*Welcome to the Present Moment*